



# NORTH POTOMAC SENIOR CENTER



13850 Travilah Road • Rockville MD 20850  
240-773-4805



## DECEMBER 2021 NEWSLETTER



*Greetings and Happy Holidays to you!*

*Our gift to you this holiday season are wishes of peace, joy, prosperity, good health, and a Happy New Year!*

Yours truly,  
The North Potomac Senior Center Staff

**Sheila Hall**, Recreation Specialist

**Jean Wang**, Nutrition Manager

**Denise Perdue**, Support Staff

**Fereshteh Hashemi**, Support Staff

**Itzik Zahavi**, JCA Driver for NPSC



## EXCITING 55+ PROGRAMS

- EASY HOLIDAY ARRANGEMENT—December 14th at 1pm. \$15.00. Join us to make an arrangement to decorate for the holidays or to give as a gift. Active #138740.
- SPIRIT OF THE HOLIDAYS KARAOKE AND EGGNOG SOCIAL—December 3rd, 10th and 17th at 10am. It is not the holidays without a little holiday karaoke and eggnog. All are welcome to sing (or hum) along! Free. Active #138739.
- HANUKKAH DREIDEL PARTY WITH ANNA—December 2nd at 1pm. It's dreidel that makes a Hanukkah party fun and exciting! Don't know what dreidel is. Join us to find out. Everyone is welcome. Snacks and beverages will be served. Free. Active #142673.
- MARRIOTTS AND MOTOR CARS, MADE FOR EACH OTHER—December 10th at 10am. Presented by the Montgomery Historical Society Speakers Bureau about a well-known hotel company, Marriott International, which actually started as an A&W Root Beer stand in Washington, D.C. Presentation will explore the history of the company and its integral connection with cars. Not only did Hot Shoppe stands expand because of their drive-ins, but the lodging business began as motor hotels at the advent of the Interstate Highway System. History of the company and its growth to Bethesda will be featured. Free. Active #138963.
- POKER WITH FRIENDS – OPEN PLAY—December 2nd, 9th, 16th and 23rd at 11am. Invite your friends to join you at North Potomac for a friendly game of Poker. Beverages provided. Free. Active #138745.
- EXERCISES FOR THE MIND—December 7th, 14th, 21st and 28th at 12:30pm. In addition to exercising our body, we must exercise our mind. Free. Active #142135.
- KNIT AND CROCHET GROUP—December 7th, 14th, 21st and 28th at 1pm. Meet old friends and make new friends as you knit and crochet for various non-profit organizations in the County. Free. Active #138340.
- YOGA FOR VITALITY WITH NATASHA—Tuesdays, December 7th to Jan 25th, 2022. \$75.00. This class will address cognitive brain health, yoga for arthritis, yoga for improving balance, yoga for osteopenia and osteoporosis. Expect to learn breathing and meditation techniques to support overall health and vitality. Bring mat and water to class. Active #138735.

REGISTER AT [ACTIVEMONTGOMERY.ORG](http://ACTIVEMONTGOMERY.ORG) OR CALL CUSTOMER SERVICE AT 240-777-6840

for Maryland Residents 65 +

**FREE**



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*A daily automated call to  
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a time scheduled at your  
convenience.*

*Register today or tell a  
loved one about this  
program!*



## HOLIDAY TRIVIA

1. Who was the star of the movie titled *White Christmas*?
2. Stollen is the traditional fruit cake of which country?
3. How do you say “Merry Christmas” in Spanish?
4. When was the first tree put up at the Rockefeller Center?
5. In 1953, which Christmas song was Eartha Kitt’s biggest hit of her career?
6. How many days is Hanukkah celebrated?
7. What game is played during Hanukkah?
8. What is the alternative name of Hanukkah?
9. What are the three traditional Kwanzaa colors?
10. The is the candleholder that is used during the Kwanzaa celebration called?
11. What was issued in 1997 to remember the holiday of Kwanzaa?
12. Who wrote the lyrics of the New Years song, “Auld Lang Syne”?
13. What does “Auld Lang Syne” mean?
14. What is the most common ritual on New Year Eve?
15. How much does the Times Square New Year’s Eve ball weigh?

Holiday Trivia Answers

1. Bing Crosby
2. Germany
3. Feliz Navidad
4. 1933
5. Santa Baby
6. Eight
7. Dreidel
8. Festival of Lights
9. Red, black and green
10. Kinara
11. Stamp
12. Robert Burns
13. Times Gone By
14. To kiss
15. 11,875 pounds

## WHEN IS WINTER SOLSTICE?

WINTER SOLSTICE IS TUESDAY, DECEMBER 21, 2021

Did you know that:

- This is the first day of winter and the shortest day of the year.
- Out of the 365 days in a year, Winter Solstice is the day with the fewest hours of sunlight.
- The word "solstice" means "sun stands still."
- Sunsets are typically prettier in the winter. Cold, non-humid air is clearer than warm summer air, which allows the colors of the sun to shine through clearly.
- The earth is actually closest to the sun in December, even though winter solstice is the shortest day of the year.



## WHAT IS KWANZAA?

Kwanzaa celebrates family, culture and the harvest and is held from December 26 to January 1. The word "Kwanzaa" comes from the Kiswahili phrase *matunda ya kwanza*, which means "first fruits of the harvest." Kwanzaa is not a religious holiday. Kwanzaa focuses on seven principles, known as the Nguzo Saba. The principles are unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.

During Kwanzaa people may decorate their homes with straw mats, ears of corn, and a candleholder called a kinara with red, green, and black candles. Red to represent ancestry; black, the people; and green, the African land. A candle is lit for each day of Kwanzaa.

Kwanzaa was first celebrated in 1966 and is the brainchild of Dr. Maulana Karenga, an African-American author, professor, and activist. Kwanzaa is uniquely North American, being celebrated mainly in the United States, Canada, and the Caribbean.



## EASY BARK RECIPES

### COCONUT BARK

#### Ingredients

Nonstick cooking spray, for spraying baking dish

5 1/2 cups (one 14-ounce bag) sweetened shredded coconut

1/2 cup sweetened condensed milk

#### Directions

1. Preheat the oven to 350 degrees F. Spray a 13-by-9-inch baking dish with nonstick cooking spray.
2. Mix the coconut and condensed milk in a bowl until well combined. Spread the mixture evenly in the prepared baking dish. Bake until the coconut is completely browned with dark and crispy edges, about 20 minutes.
3. Cool slightly, then cut into squares.
4. Serve warm or at room temperature.



### S'MORES BARK

#### Ingredients

1 pound milk chocolate

1 cup coarsely chopped graham crackers

1 cup mini marshmallows

#### Directions

1. Coat a 9-by-12 1/2-inch rimmed baking sheet with cooking spray and line with parchment paper leaving an overhang on long sides.
2. Pour melted chocolate into baking sheet and spread in an even layer.
3. Sprinkle toppings over chocolate.
4. Refrigerate until firm, at least 1 hour.
5. Peel off parchment and break bark into pieces.



## A HOLIDAY FAVORITE...EGGNOG

Eggnog may have been developed from posset (a medieval European beverage made with hot milk). The “nog” part of its name may stem from the word “noggin”, a Middle English term used to describe a small, wooden, carved mug used to serve alcohol.

Another name for this drink was Egg Flip. Yet another story is that the term derived from the name “egg-and-grog”, a common Colonial term used to describe rum. Eventually the term was shortened to “egg’n’grog”, then “eggnog”.

The ingredients for the drink were expensive, so it was popular mainly among the aristocracy. Those who could get milk and eggs to make eggnog mixed it with brandy, Madeira or sherry. The drink crossed the Atlantic to the English colonies during the 18th century. Since brandy and wine were heavily taxed, rum from the Triangular Trade with the Caribbean was a cost-effective substitute. The inexpensive liquor, coupled with plentiful farm and dairy products, helped the drink become very popular in America. When the supply of rum to the newly-founded United States was reduced as a consequence of the American Revolutionary War, Americans turned to domestic whiskey — and eventually bourbon as a substitute.

A traditional homemade eggnog is made of milk or cream, sugar, and raw eggs. There are a lot of recipes that also add spices like vanilla, cinnamon, nutmeg, and cloves, and adult consumers can add their favorite alcoholic spirits.

This delightful holiday drink can be served hot or cold in glasses, mugs, or punch bowls. You can also add little whipped cream, a cinnamon stick, or chocolate shavings to top off this traditional holiday drink.

*December 24 is National Eggnog Day, so make sure to sit back and enjoy a glass of eggnog.*



How many words can you  
make from

TRADITIONAL EGGNOG

Good Luck!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.